**Student Support and Wellbeing
December Newsletter**





# **Disability History Month**

Disability History Month is a yearly nationwide celebration from 18 November to 18 December, started by UKDHM to celebrate the lives of disabled people; challenge disablism or stigma around disability; and achieve equality.

At Kent we are celebrating with a [full programme available on the Kent Union website](https://kentunion.co.uk/2021-2022/dhm), some highlights include: a virtual exhibition, with TED Talks, documentaries and recommended films that explore the themes of the month; Accessible Film Club screenings; Staff and Student sessions on support mechanisms for people with hidden disabilities; and Accessible sport sessions.

Check out #DHMKent21 on social media, and read up on Disability History Month reading lists and personal experiences from students and staff in the [Student Services News](https://www.kent.ac.uk/student-services/disability-and-inclusion#articles).

Watch this short video to [meet some of the Disability team within Student Support and Wellbeing.](https://www.youtube.com/watch?v=aqGNxE5dazI)



# **Weekly Groups**

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| **Monday:** [Wellbeing Cafe](https://www.kent.ac.uk/student-support/50831/wellbeing-cafe-41)**Tuesday:**[UoKA](https://www.kent.ac.uk/student-support/51833/uoka-university-of-kent-autistics-56%22%20%5Ct%20%22_blank)**Wednesday:** [Mindfulness](https://www.kent.ac.uk/student-support/50596/student-mindfulness-session-5)[in person](https://www.kent.ac.uk/student-support/50647/student-mindfulness-session-12) or [online](https://www.kent.ac.uk/student-support/52349/student-mindfulness-session-20), [Autism Modelling Club](https://www.kent.ac.uk/student-support/51816/autism-modelling-club-50), [Autism Social Board Games Group](https://www.kent.ac.uk/student-support/52425/autism-social-board-games-group-7)**Thursday:** [International Wellbeing Group](https://www.kent.ac.uk/student-support/50646/international-wellbeing-group-33)**All Week:**[Just Coffee](https://www.kent.ac.uk/student-support/50623/just-coffee-on-campus-canterbury-45) and [Walking Buddy](https://www.kent.ac.uk/student-support/50678/walking-buddy-canterbury-47)- Canterbury                 [Just Coffee](https://www.kent.ac.uk/student-support/50624/just-coffee-on-campus-medway-35) and [Walking Buddy](https://www.kent.ac.uk/student-support/50679/walking-buddy-medway-47) - MedwayAll peer support groups will run until the last week of term, unless specified by the facilitator in advance. |

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# **Cartoon of a person sitting at a desk working on a laptop, in blue tones with a green background.Top up your Wellbeing Toolkit: Upcoming Workshops**

Wednesday 1st December 2pm - 4pm Online: [How to Work on Your Self-Esteem](https://www.kent.ac.uk/student-support/51579/how-to-work-on-your-self-esteem-6)

Wednesday 1st December 2pm - 3:30pm Online: [Resilience in a Post-Covid World](https://www.kent.ac.uk/student-support/52582/resilience-workshop) (will be repeated next term)

Wednesday 8th December 2pm - 4pm Online: [Finding Friends and Coping with Loneliness at University](https://www.kent.ac.uk/student-support/51585/finding-friends-and-coping-with-loneliness-at-university-6)

**Togetherall Courses that you can access online for free at any time:**
[Improve Your Sleep](https://www.kent.ac.uk/student-support/52335/improve-your-sleep) | [Assertiveness Training](https://www.kent.ac.uk/student-support/52336/assertiveness-training-1) | [Stop Procrastinating](https://www.kent.ac.uk/student-support/52337/balance-your-thinking) | [Balance Your Thinking](https://www.kent.ac.uk/student-support/52338/balance-your-thinking-1) | [Managing Health Anxiety](https://www.kent.ac.uk/student-support/52338/balance-your-thinking-1)



# **You don't have to grieve alone**

 The 2 - 7 December is national Grief Awareness Week, and if you're coping with loss, it can be really helpful to take some time to think through it with others - there are still some spaces available on the next [Understanding Your Bereavement workshop on 14 December](https://www.kent.ac.uk/student-support/51591/understanding-your-bereavement-your-support-system-1), which focuses on your support system. If you'd like to look at something in your own time, you could watch this [Bereavement presentation](https://kent.cloud.panopto.eu/Panopto/Pages/Embed.aspx?id=0fa387b1-8ab4-469f-a51d-acb100b38b47&start=10). Take a look at this [blogpost on grief](https://www.kent.ac.uk/student-services/257/you-have-to-find-your-own-path-through-your-grief-but-you-do-not-have-to-walk-the-road-alone) detailing more support available at Kent and beyond.



# **Support over the Christmas Break**

Student Support and Wellbeing offices are open after the end of term until Tuesday 21st December. We are closed from Wednesday 22nd December and re-open on Tuesday 4th January 2022. During this closure, there are lots of contacts available for [emergency support](https://www.kent.ac.uk/student-support/emergency-support) you wherever you find yourself during vacation. To connect with others and find out what's on remotely and on our campuses, take a look at the [Kent Christmas webpage](http://www.kent.ac.uk/student/christmas-on-campus).

The [Support and Wellbeing Blogposts](https://www.kent.ac.uk/student-services/support-and-wellbeing#articles) give advice on coping with difficult moments during vacation, and more information and resources will be posted throughout vacation on our [Twitter](https://twitter.com/unikentssw), [Facebook](https://www.facebook.com/UniKentSSW/) and [Instagram](https://www.instagram.com/UniKentSSW/) accounts - follow @UniKentSSW ​to help you stay well and connected.

# **Spectrum Life logo.24/ 7 Support from Spectrum Life**

If you are experiencing a mental health crisis, or need emergency crisis support outside of Student Support and Wellbeing working hours, our external partners [**Spectrum Life**](https://uok.spectrum.life/login?org=ud3Z2brH) can offer you online, text and telephone support from qualified counsellors and mental health professionals.

**Spectrum Life** will work with you in getting initial support and help during your crisis and the University Student Support and Wellbeing teams will contact you on the next working day.

* Spectrum Life is available on Monday to Friday evenings from 8pm till 8am, and on weekends and Bank Holidays.
* Telephone: 0800 0318227 or Text ‘Hi’ to: 00353 87 369 0010
* Search for the Spectrum Life app from the app store and follow the log in instructions